



USOC
SPORTS NUTRITION

Weekly Recipe: Chia Tapioca Pudding

Chia seeds are a fun and interesting food that are packed with good nutrition and can be added to a variety of dishes. When added to liquids or moist foods, the seeds form a gelatinous coating and thicken the consistency of the food. This makes them the perfect ingredient to add to an easy pudding recipe to have as a snack or dessert. Choose from vanilla or chocolate pudding, depending on your preference. Feel free to top this pudding with nuts, fruit, dark chocolate chips, or cinnamon for additional flavor and anti-inflammatory benefits!

Ingredients:

4 servings

Vanilla:

1 cup light vanilla soy milk
¼ cup chia seeds
1 tsp. agave nectar
2 Tbsp. shredded coconut

Chocolate:

1 cup low-fat chocolate milk
¼ cup chia seeds
1 tsp. agave nectar
1 Tbsp. cocoa powder
2 Tbsp. shredded coconut

Optional Toppings/Additions:

¼ cup fresh berries
1 Tbsp. nuts/nut butter
¼ sliced banana
1 Tbsp. dark chocolate chips, dried fruit
Sprinkle of cinnamon

Directions:

- 1) Put all ingredients for either vanilla pudding or chocolate pudding in a container with a tight lid.
- 2) Put the lid on and shake until all contents are completely mixed.
- 3) Put in the refrigerator overnight or until the pudding has thickened.
- 4) Add additional toppings or eat as is. Enjoy!



	Vanilla Pudding	Chocolate Pudding
Amount	¼ of recipe	¼ of recipe
Calories	103	123
Fat (g)	5	6
Sat. Fat (g)	3	3
Carb. (g)	9	14
Fiber (g)	6	6
Protein (g)	5	6
Gluten Free, Vegan (vanilla).		

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For their small size, chia seeds pack a strong nutritional punch! They are an excellent source of omega-3 fatty acids and dietary fiber. Omega-3 fatty acids play an important role in the diet of athletes because they help to reduce inflammation caused by intense exercise.

Chia seeds also serve as a source of calcium. Two tablespoons of chia seeds contain almost 200 mg of calcium, about 20% of the daily amount recommended for adults. Calcium is primarily known for its role in maintaining bone health but it also has other important functions related to exercise such as muscle contraction and nerve transmission.

Chia seeds have very little flavor on their own. This allows them to be added to any dish for extra texture and nutrients without changing the taste. Try adding a spoonful to your next smoothie or yogurt!

